

# **Social Skills Outside Practice Record**

## **Refusing Unwanted Sexual Advances**

The steps are:

Step 1. Using a firm voice, tell the person that you are not interested in having sex.

Step 2. Depending on your relationship with that person, explain why you feel that way.

Step 3. If the person does not listen and continues to pressure you, leave the situation.

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**Name:** \_\_\_\_\_ **Date Assigned:** \_\_\_\_\_

**Person Assisting with Outside Practice:**

**Skill Being Practiced:**

**Brief description of assignment (my plan):**

**Date practiced:** \_\_\_\_\_ **Location:** \_\_\_\_\_

**Briefly describe what took place:**

**How effective were you at using the skill during the outside practice? Please check one:**

- 1. not at all effective
- 2. a little effective
- 3. moderately effective
- 4. very effective
- 5. highly effective